

DECEMBER 2012

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
3 BAKED POTATO (BAR) SHREDDED CHEESE BACON BITS, SOUR CREAM CHOPPED TOMATO BROCCOLI CHILI CON CARNE TOSSED SALAD 1000 ISLE DRESSING WHEAT BREAD APRICOTS 1% MILK	4 APPLE JUICE MEATLOAF WITH GRAVY WHEAT BREAD FRESH BAKED SQUASH PEAS FRESH APPLE 1% MILK	5 CHICKEN VEGETABLE SOUP SALTINE CRACKERS TUNA SANDWICH WITH AMERICAN CHEESE ON WHOLE GRAIN BREAD LETTUCE POTATO SALAD COLE SLAW APPLESAUCE 1% MILK	6 TROPICAL FRUIT SOUTHWESTERN BEAN SALAD FRESH APPLE SLICES CHICKEN TACO SALAD MEAT TORTILLA CHIPS SHREDDED LETTUCE, CHOPPED TOMATO SHREDDED CHEDDAR CHEESE MEXICAN RICE FRESH APPLE SLICES 1% MILK	7 TOSSED SALAD ITALIAN DRESSING OPEN FACED HOT TURKEY SANDWICH WITH GRAVY MASHED POTATOES ITALIAN MIXED VEGETABLES WHEAT BREAD FRESH SEASONAL FRUIT 1% MILK
10 TOMATO JUICE 3 BEAN SALAD BEEF STROGANOFF STEAMED CARROTS WHEAT BREAD APRICOTS EGG NOODLES 1% MILK	11 CRANBERRY JUICE CHICKEN BREAST WITH GRAVY MIXED VEGETABLES FRUIT COCKTAIL WHEAT BREAD MASHED POTATOES 1% MILK	12 FRESH ITALIAN TOMATO SALAD WHOLE GRAIN PASTA WITH MEAT SAUCE PARMESAN CHEESE ITALIAN BREAD APPLE SAUCE CORN 1% MILK	13 *** SPECIAL *** BAKED HAM CANDIED SWEET POTATOES GREEN BEAN ALMONDINE FRUIT AMBROSIA DINNER ROLL CHERRY PIE 1% MILK	14 CRANBERRY JUICE TUSCAN BEAN SALAD CHICKEN BREAST IN PARMESAN SAUCE FETTUCCINI NOODLES MIXED VEGETABLES WHEAT BREAD TROPICAL FRUIT 1% MILK
17 APPLE JUICE MEATLOAF WITH GRAVY MASHED POTATOES SLICED CARROTS WITH DILL MULTIGRAIN ROLL APPLE SAUCE 1% MILK	18 TOMATO JUICE SPLIT PEA SOUP TUNA SALAD ON ROLL LETTUCE GARNISH FRESH GRAPE TOMATOES FRESH PEARS SALTINE CRACKERS 1% MILK	19 PINEAPPLE JUICE BAKED CHICKEN QTR PEAS & CARROTS RED BEANS & RICE WHEAT BEAD PEACHES 1% MILK	20 TOSSED SALAD RANCH DRESSING TUNA & NOODLES ITALIAN BREAD AUTUMN BLEND VEGETABLE FRESH ORANGE 1% MILK	21 GRAPE JUICE MEATBALLS IN GRAVY BROWN RICE KALE CORN MUFFIN PINEAPPLE TIDBITS 1% MILK
24 CLOSED FOR HOLIDAY	25 CLOSED FOR HOLIDAY	26 CRANBERRY JUICE HOT TURKEY WITH GRAVY MASHED POTATOES PEAS FRESH BROCCOLI SLAW WHITE BREAD 1% MILK	27 SOUTHWESTERN BEAN SALAD APPLE JUICE SHEPPARD'S PIE WHEAT BREAD FRUIT COCKTAIL 1% MILK	28 GRAPE JUICE PORK LION SAUERKRAUT GREEN BEANS MAC & CHEESE DINNER ROLL 1% MILK
31 PINEAPPLE JUICE MEDITERRANEAN LENTIL SALAD CHICKEN BREAST WITH GRAVY MASHED POTATOES SEASONED SPINACH PEACHES WHOLE WHEAT BREAD 1% MILK	TO MAKE A MEAL RESERVATION AT LEAST 48 HOURS IN ADVANCE. CONTACT YOUR MEAL MANAGER, EACH MEAL COSTS THE FCDOA NUTRITION PROGRAM \$4.80, YOUR CONTRIBUTIONS PER MEAL HELPS MAKE MORE MEALS POSSIBLE. MENUS ARE SUBJECT TO CHANGE			